

Family Healthcare:

4ID Families can assure they receive health care within the Darnall Army Community Hospital (DACH) Network by enrolling in **TRICARE Prime**. The TRICARE Network includes Family Practice Clinics at DACH, Bennett Health Clinic, Killeen and Copperas Cove Family Care Clinics, and Monroe Health Clinic. To enroll, visit the TRICARE Service Center, Bldg. 36023, (1-800-406-2832) across the parking lot from Darnall Army Community Hospital. There is no cost for enrollment and no cost for visits or services at the hospital or clinic. Families that are not enrolled in Prime must use TRICARE Standard or Extra, and may not be able to access primary care at DACH.

Family Member Appointments:

Patient Appointment Service, **288-8888**, (Call-in between 7 a.m. and 4 p.m.). Please call 288-7777 to cancel appointments that cannot be kept. Please arrive at the clinic 15 minutes before the scheduled appointment. Optometry: Call 288-8888 for appointment. Pregnancy Tests: Walk-in 9 a.m.-12 p.m. (M-F) at the Women's Health Clinic or Ob/Gyn. Pre-natal vitamins are available without an appointment at all Family Care Clinics, Women's Health Clinic and Ob/Gyn.

Well Baby & Pediatric Immunizations:

To receive health care at military facilities, newborns must be enrolled in DEERS and TRICARE Prime. A copy of the baby's birth certificate should be presented to the DEERS station at the Rivers Center, Bldg. 121. After the six-week post-partum check-up at Darnall, mother and child can return for continuous care. Darnall provides well baby care, school and sports physicals and childhood immunizations. Well baby visits are given at 2, 4, 6, 12 and 18 months. Necessary immunizations are given as part of the visit. Separate immunization appointments are available for family member children up to age 13. All appointments are scheduled through the Patient Appointment Service, 288-8888.

Family Healthcare:

Community Health Nursing Classes:

Classes are offered on an ongoing basis covering topics including: Tobacco Cessation, Take Care of Yourself (Self Care), and Active Duty Pregnancy physical training. Monthly classes for small groups or units include topics such as: Breast Cancer Awareness, Health Risk Appraisal, and Health Education Classes. During duty hours call 618-8104.

Social Work Services: 52nd & 761st Tank Battalion (Bldg 2255) Provides intervention and support services for individual, marital, family and group counseling. Counseling and support services are provided to victims of domestic violence in accordance with the Army Family Advocacy Program. Crisis intervention provides help anytime day or night. During day hours call 288-6474. After duty hours and on weekends, report to DACH Emergency Department.

Family Member Dental Care: Family members of soldiers are eligible for routine dental care through the TRICARE Family Member Dental Plan. The service member enrolls his/her family for this dental insurance through their unit PAC, TRICARE Service Center, or on-line at <http://www.ucci.com>.

The Woman's Wellness Series:

Seminars designed to educate women about common health issues. Classes for family support group meetings can be coordinated by calling the Bennett Clinic CHN Wellness Center at 618-8104.

Pharmacy:

Pharmacy hours are from 0800-1730 M-W & F; 0900-1730 Thursdays; and 0800-1700 weekends and holidays. Refills can be called into the pharmacy and picked up 48 hours later. Refill pharmacy can be reached at 288-8911.

TRICARE Questions: Questions about TRICARE benefits can be referred to the TRICARE Service Center, 1-800-406-2832. Or you can e-mail your question to TRICARE_help@amedd.army.mil.

4th Infantry



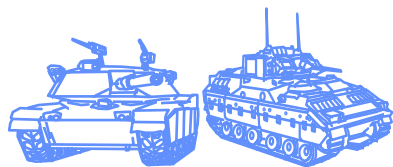
Division

Guide to

Soldier Medical Readiness

&

Family Healthcare



Soldier Medical Readiness Center,

(SMRC) Moore Health Clinic 285-6269/6270. The SMRC tracks the medical readiness of all Fort Hood soldiers during their in processing and Unit Medical Annual Review (UMAR). Battalion Aid Stations or the Brigade Surgeon Section schedules the UMAR. The SMRC maintains a medical readiness database to track medical deployability statistics (HIV, DNA, Immunizations, Hearing & Vision testing, etc.).

Physical Exams:

All physicals are conducted in two parts. Part I of all periodic, over-40, chapter, and retirement physicals is given to active-duty personnel in Moore Health Clinic starting February 2002. Part II is completed at Bennett Clinic by appointment only (618-8039/40). ETS physicals must be completed 30 days prior to your ETS date.

Sick Call Procedures: Units conduct sick call at either their battalion aid station or Bennett Clinic. Check with your unit for time and location. Weekend sick call is available at the Darnall Family Care Clinic from 0800 to 1000. Appointments are available by calling 288-8888.

MMRB (MOS / Medical Retention

Boards): Held once a month. The board determines whether the soldier is retained, reclassified, given a 6-month probation, or referred to a MEB.

MEB (Medical Evaluation Boards):

Convened to document a soldier's medical status and duty limitations. Determines if a soldier is fit for duty or referred to a PEB.

PEB (Physical Evaluation Boards):

Determines disability and medical retirement benefits.

Dental Sick Call: Dental Clinic 5: 287-6707.

Billy Johnson Dental Clinic: 286-7401. Call early each day for greatest appointment availability. Booking is done for appointments available in the next 6 weeks. A dental liaison from each Battalion (usually from S1 or Medical Platoon) must be appointed to acquire a monthly listing of dental categories from the CDA tracking system. The CDA report can be obtained from the DENTAC's dental readiness coordinator at either Dental Clinic #5 or Billy Johnson Dental Clinic.

Dental Categories:

CAT 1: patient not requiring dental treatment or re-evaluation within 12 months

CAT 2: patients who have oral conditions that, if not treated, have potential but are not expected to result in a dental emergency within 12 months

CAT 3: non-deployable; patients who have oral conditions that, if not treated, are expected to result in dental emergency within 12 months.

CAT 4: non-deployable; patients who require dental exam, or who have no panograph in their record.

Optical: Bennett Clinic

Emergency Optometry Services are provided for active-duty soldiers on a walk-in basis during duty hours. Routine eye examinations should be conducted every two to three years and are available by appointment (288-8888). Routine cosmetic contact lenses are not fitted at any of the optometry clinics. This service is provided at the patient's expense through civilian optical services. For more information, call 618-8114.

Laser Eye Surgery:

Log on to Darnall ACH website for enrollment criteria www.hood-meddac.army.mil Open for Active Duty only.

Flu Immunizations:

Organized vaccination generally takes place between OCT and DEC of each year. Flu immunizations are mandatory for all active duty soldiers to reduce the risk of epidemics, which can affect readiness. Units coordinate immunizations for their soldiers. Individual units without organic medical assets will coordinate with the Bennett Clinic immunization section.



Quick Reference Numbers:

Ambulance.....911

Bennett Health Clinic:

Appointments: 0900-1600 (M-F) Patient Appointment Service.....288-8888

Darnall Army Community Hospital:

Health Care Information Line..1-800-611-2875
Information Desk..... 288-8000
Patient Representative Office288-8156
4ID Patient Liaison.....288-8157
Pediatric Clinic (0800-1700).....288-8130
Patient Appointment Service.....288-8888
Refill Pharmacy.....288-8911

Weekend and Holiday Clinic:

Family Care Clinic - Darnall Hospital, 0800-1600 (Sat, Sun & Holidays).....288-8888

Division Surgeon Section:

Division Surgeon.....287-9179
Deputy Division Surgeon.....287-9153
Sergeant Major.....287-9159
Patient Administration.....287-3942

On Call Chaplain:

24 hour Chaplain Crisis Line.....287-2427

TRICARE Information:

TRICARE Service Center....1-800-406-2832
www.tricare.osd.mil
Call for preauthorization when seeking medical care outside of the Fort Hood area.
E-mail questions about benefits to:
TRICARE_help@amedd.army.mil.

